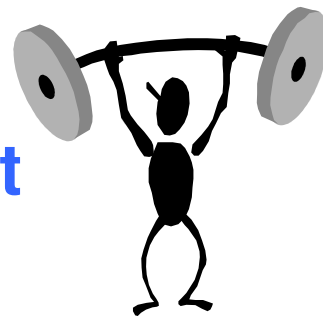


Fueling Your Workout



Early Morning

If you like morning workouts, try to nibble on something to avoid feeling dizzy and hungry. Make sure you allow enough time to digest so you avoid a side-stitch or nausea. Try this:

- If you're exercising within an hour after you wake up, eat around 200-300 calories.
- Avoid too much fat or protein, since these take longer to digest. Simple sugars (like juice) are absorbed the fastest, but can cause a quick rise and fall in blood sugar, which could make you tired.
- **Best bets:** Bagels, raisins, bananas, a liquid meal like a sports drink or a high-carb beverage, or a low-fat granola bar with a little peanut butter.

Lunchtime Workout

In order to avoid hunger pains and fatigue during your noon workout, try:

- 1-2 hours before your workout, eat a meal that's around 300-400 calories.
- Again, avoid high fat and/or high protein foods, and stick with something that has around 60% carbs, 20% protein and 20% fat.
- **Best bets:** Meal replacement shakes or bars, yogurt, fruit (fresh or dried), a small bowl of oatmeal or yogurt mixed with fresh fruit and topped with granola.
- Make sure you eat a balanced meal after your workout!

Afternoon Workout

Lunch was a long time ago and your body is out of gas. Try these tips:

- 2-3 hours before you leave work, eat a small, balanced meal that's around 400-500 calories.
- **Best bets:** Cheese and crackers, cottage cheese and veggies, fruit with a whole grain muffin, or string cheese with low-fat Triscuits and a small can of mandarin oranges.

After the Workout

When you're finished exercising, you need to quickly and efficiently replace some of those calories you burned. Protein, in combination with carbohydrates can enhance glycogen replacement. Do this by adding milk to cereal, peanut butter to toast, or cheese to fruit.

